

Disaster Supplies Kit

**“Is your family
prepared to cope
with an emergency
until help arrives?”**

Disasters happen anytime and anywhere. When a disaster strikes, you may not have much time to respond. After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or you might have to wait for days. Is your family prepared to cope with an emergency until help arrives?

A hurricane, tornado, flood or any other disaster could cut gas, water, electricity and telephones for days. Whether a disaster forces you to leave or to remain in your home, you will be better able to cope by preparing for disaster before it strikes.

One way to prepare yourself and your family is to assemble a disaster supplies kit. Once a disaster hits, you won't have time to shop or search for supplies. Make sure all family members know in advance the location of your emergency supplies and first aid kit. If you've gathered supplies in advance and have discussed an emergency plan with your family, you will be better equipped to endure an evacuation or home confinement.

Prepare Your Kit!

Review the following checklist and gather the supplies that are listed. You may need them if your family is evacuated or confined at home. Place the supplies you'd most likely need for an evacuation in an easy-to-carry container.

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Adapted by UF/IFAS from:
Federal Emergency
Management Agency
(FEMA)
and
Document DH-008,
IFAS Disaster Handbook for
Extension Agents
(developed by the
Cooperative Extension
Service for the benefit of
Florida's citizens)

To handle a lengthy stay in a shelter, you should have a 2-week supply of the following items: water, food, sanitation supplies, and any special foods or medicines needed by family members, such as insulin, heart tablets, diabetic foods or baby foods.

To make your stay in a shelter more comfortable, you will need to take some supplies from home: bedding, extra clothing, cooking and eating utensils, general emergency tools, reading materials and games or hobbies that will help you pass the time.

Create a family disaster plan!

To prepare your family for a disaster situation, follow five steps.

Step One: Gather Information

Contact your local emergency management or civil defense office and your local American Red Cross Chapter for the following information:

- What disasters are most likely in your community?
- How would you be warned?
- How should you prepare for each?



Step Two: Share Information with your Family

Meet with all in your household to share information in these areas:

- Discuss the types of disasters that could occur.
- Explain how to prepare and respond.
- Discuss what to do if advised to evacuate.
- Practice what you have discussed.

Step Three: Plan How Your Family Will Stay In Contact If Separated By Disaster.

In a disaster, normal communications may not be possible. To contact your loved ones, you should choose a meeting place:

- A safe distance from your home in case of fire.
- Outside your neighborhood in case you can't return home.
- An out-of-state friend as a check-in contact for everyone to call. Sometimes it is easier to make long-distance calls than to make local calls in a disaster situation.

Step Four: Complete These Steps:

- Post emergency telephone numbers by every phone.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.
- Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries twice each year.
- Contact your local fire department to learn about home fire hazards.
- Learn first aid and CPR. Contact your local American

Red Cross chapter for information and training.

Step Five: Meet With Your Neighbors

Plan how the neighborhood could work together after a disaster.

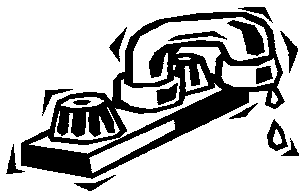
- Know your neighbors' skills.
- Determine how you could help neighbors who have special needs, such as elderly or disabled persons.
- Make plans for child care in case parents cannot get home.

Supplies

To be ready for a disaster, you need to stock six basics in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container such as a large, covered trash container, a camping backpack, or a duffle bag.

Water

Water is the most important item to have on hand, not only in a shelter but also in your home. Store water in plastic containers such as soft drink bottles, and avoid using containers that will decompose or break, such as milk cartons or glass bottles. To keep your stored water fresh, change it every six months.



A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

You will need a supply of water for washing dishes, preparing food and keeping clean. If the main water line was turned off before the emergency, the water in your pipes at home will be safe to use. Water in your hot water heater and toilet tank (not the bowl) also should be safe.

Include water purification materials in your emergency supply kit. Water purification agents are available at most drug stores and enable you to use water from sources that may not be clean.

When purifying water, use 8 drops of chlorine bleach for each gallon of water. If the water is not clean even after filtering, double the amount of purifying agent.



Food

You should keep a 2-week supply of non-perishable food for shelter use. Since gas or electricity could be off during an emergency, select foods that require no refrigeration, preparation or cooking, and little or no water. Rotate this food with newly-purchased food supplies to ensure freshness. Since gas or electricity could be off during an emergency, stock food that needs little or no cooking. If you must heat food, pack a can of Sterno.

If a food item requires refrigeration once it has been opened, make sure it is packaged in small containers so you will be able to consume what you have opened. Foods that are packaged in one-meal sizes are convenient for this purpose.

Make sure you purchase foods that you and your family like, as well as foods that have a long shelf-life. You should also select foods that require little or no water for preparation. Because they contain water substitutes, canned fruit, vegetables and fruit juices are excellent choices.

Include a selection of the following foods in your disaster supply kit:

- Ready-to-eat canned fruits and vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples, sugar, salt and pepper.
- High energy foods such as peanut butter, jelly, crackers, granola bars and trail mix.
- Vitamins
- Food for infants, elderly persons or those on special diets.
- Comfort/stress foods such as cookies, hard candy, sweetened cereals, lollipops, instant coffee and tea bags.

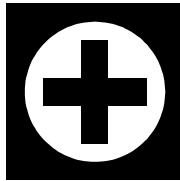
Clothing and Bedding

Include at least one complete change of clothing and footwear per person. Remember that air conditioners might be out; make sure your clothing is appropriate for high temperatures. The following items are necessary for a stay at a shelter:

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Sunglasses

First Aid Kit

Store your kit in a convenient place known to all family members. To protect active ingredients in prescription medications, ask your physician or pharmacist about storing them. Assemble a first aid kit for your home and one for each car. Keep items in your kit stored in air-tight plastic bags. A first aid kit should include:

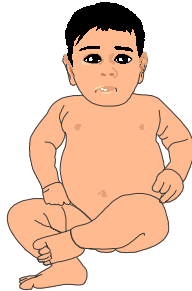


- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads
- 4-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- 2-inch sterile roller bandages
- 3-inch sterile roller bandages
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressors
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent or soap
- Latex gloves
- Sunscreen
- Non-prescription drugs
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid (for stomach upset)
 - Syrup of Ipecac (use to induce vomiting if advised by the poison control center)

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks
- Non-electric can opener
- Utility knife
- Fire extinguisher, small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper and pencil

Special Items for Babies



- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

Special Items for Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

Sanitation

- Toilet paper, towelettes, soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags and ties (for sanitation uses)
- Plastic bucket with tight lid

- Disinfectant
- Household chlorine bleach (without scent)

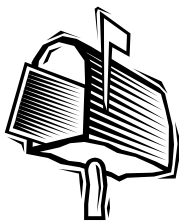
Important Family Documents

Even if you do not need family records during an evacuation, you must prevent them from being destroyed by a disaster. Such records are difficult to replace and may delay an insurance claim or other important matters. Keep these records in a waterproof, fireproof, portable container:

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards and immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

Practice and Maintain Your Plan!

The Federal Emergency Management Agency's Family Protection Program and the American Red Cross Disaster Education Program are nationwide efforts to help prepare for disasters of all types. For more information, contact your local or State Office of Emergency Management and your local American Red Cross chapter. Ask for "Your Family Disaster Plan" and the "Emergency Preparedness Checklist." Or write to:



FEMA
P.O. Box 70274
Washington, D.C. 20024